



KSS H2O OUTDOORS PACKING LIST



Mountain weather can be unpredictable, we recommend students bring multiple layers to comfortably adjust to the changing conditions. When selecting clothing, we suggest packing synthetic and non-cotton items. Below you will find a recommended packing list consisting of items required to stay safe and warm during the trip with KSS. The amount of clothing is representative of a typical three-day stay and should be adjusted for longer or shorter trips.

Please note: Instructors will work with the students to ensure they are outfitted properly for mountain conditions. If students do not own the listed equipment, we will lend students items from our gear shed to ensure their comfort and safety during their visit.

HOW MANY BAGS SHOULD BE PACKED?

- **Overnight Bag** We recommend packing your student's gear, including their sleeping bag and pillow, in one duffel bag or an over the shoulder bag. Students will have to carry their gear from the bus to the dorm.
- **Day Pack** Backpack with two arm straps, large enough to carry extra layers, lunch, two water bottles, and a KSS Journal.

DAY PACK

- 2 Water bottles
- Sunscreen SPF 15 or higher
- Sunglasses
- Pencil or Pen
- Reusable lunch bag

OPTIONAL

- Handkerchief or bandanna
- Book, games
- Plastic lunch containers
- Notebook / Journal

OVERNIGHT BAG

- Sleeping Bag & Pillow
- Clothing (see clothing list)
- Towel and Washcloth
- Toiletries Kit
- Toothbrush
- Toothpaste
- Shampoo / Soap
- Brush or Comb
- Other items as needed

! WRITE STUDENT'S NAME ON EVERYTHING

CLOTHING

Top

- 2 T-shirts
- 1 Long-sleeve shirt or turtleneck
- 1 Synthetic fleece jackets or wool sweaters
- 1 WATERPROOF rain jacket or poncho (FALL/SPRING)
- 1 INSULATED winter jacket (WINTER)

Bottom

- 3 Underwear
- 1 leggings / fleece pants
- 1 pair pants
- 1 Quick-drying rain pants (FALL/SPRING)
- 1 INSULATED snow pants (WINTER)

Feet

- Hiking boots or sturdy walking shoes (preferably waterproof)
- Tennis shoes
- Socks (preferably wool)

Head and Hands

- 1 Warm hat
- 1 Hat with a brim
- 1 Pair gloves or mittens (warm and water resistant)

Town Hall

Please bring a professional outfit. Think Mountain formal: a crisp shirt, vest, and no hole jeans will suffice. Please do NOT wear sweats to the town hall day.

We encourage you to **leave tech at home** during this program. However, if you choose to bring your phone, screen time will be limited.